

MTUS UPDATE

Treatment Guidelines & Formulary

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24th Annual DWC Educational Conference

Topics

- **Online Education – MTUS**
- **MTUS Updates and Changes**
 - Treatment Guidelines
 - Formulary

MTUS Online Education

- Instruction on how to use the MTUS.
- Available online without charge.
- Free CME credit.
- Example cases.
- <http://www.dir.ca.gov/dwc/CaliforniaDWCCME.htm>



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▼ DWC Physician Education



Available now online and coming soon to mobile app! Free CME* credit.

Physicians treating in the California workers' compensation system are required to follow the evidence-based recommendations in the DWC medical treatment utilization schedule (MTUS). The online course below provides helpful instruction.

In the first training module, learn to maximize patient recovery, function, and return-to-work considerations using the MTUS.

You will learn:

- What the MTUS is and how to use it
- How to navigate the MTUS treatment guidelines and apply recommendations via case scenarios
- When to consider recommendations outside of the MTUS guidelines for the care of your patient
- The role of utilization review (UR) and independent medical review (IMR) physicians

Division of Workers' Compensation (DWC)

★ Quick Links

- [Online QME Form 106 Panel Request](#)
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MTUS – Updated Guidelines and a Formulary

- Will update all MTUS evidence-based treatment guidelines
- Will shortly initiate rulemaking to establish an evidence-based drug formulary

Treatment Guidelines

- Updates to Current MTUS Topics
 - General Approaches
 - Neck and upper back
 - Shoulder
 - Elbow
 - Forearm, wrist, and hand
 - Low back
 - Knee
 - Ankle and foot
 - Stress (Mental Health)
 - Eye
 - Chronic pain
 - Opioids

Treatment Guidelines

- New Topics to be added
 - Hip and groin
 - Interstitial lung disease
 - Occupational asthma
 - Traumatic brain injury

Formulary

- RAND, *Implementing a Drug Formulary for California's Workers' Compensation Program*
 - Conducted a review and analysis of existing drug formularies.
 - Looked at: Washington State, Texas, Ohio, ODG, ACOEM, and MediCal/Medicaid.
 - Recommendation: Treatment guidelines and the formulary should incorporate the evidence-based standards of care that best meet the needs of California's injured workers.
 - Recommendation: Consistency. Most MTUS guidelines are based on ACOEM. A formulary based on the ACOEM guidelines will enable consistency with the MTUS guidelines.
 - The ACOEM guidelines have a more rigorous, transparent development process.

Formulary (cont.)

- DWC has drafted rules and criteria for the application of the formulary and use of the MTUS drug list.
- Preferred Drug Criteria
 - Being noted as a first line therapy weighs in favor of being preferred.
 - Recommended for most acute and or acute/chronic conditions addressed in clinical guidelines weighs in favor of being preferred.
 - A safer adverse effects (risk) profile weighs in favor of being preferred.
 - Drugs listed for the treatment of more common work-related injuries and illnesses weighs in favor of being preferred.

DRAFT MTUS Preferred Drug List (8 CCR § 9792.27.12)

The MTUS Preferred Drug List must be used in conjunction with the MTUS Guidelines, which contain specific treatment recommendations based on condition and phase of treatment.

* Preferred / Non-Preferred - "Preferred" indicates drug may be prescribed/dispensed without seeking authorization through Prospective Review if in accordance with MTUS. 1) Physician dispensed "Preferred" drugs limited to 7-day supply without Prospective Review. 2) Prescription/dispensing of Brand name Preferred drug where generic is available requires authorization through Prospective Review. "Non-Preferred" drug requires authorization through Prospective Review prior to prescribing or dispensing. (See 8 CCR §9792.27.1 through §9792.27.11 for complete rules.)

** First Fill - Indicates Drug may be prescribed/dispensed without Prospective Review: 1) Rx at initial visit within 7 days of injury, and 2) Supply not to exceed #days indicated, and 3) if in accord MTUS. (See 8 CCR § 9792.27.11)

	Drug Ingredient	Preferred / Non-Preferred*	First Fill**	Drug Class	Reference in Guidelines
1	Acetaminophen	Preferred		Analgesics - NonNarcotic	Ankle and Foot Disorders Cervical and Thoracic Spine Disorders Chronic Pain Elbow Disorders Eye Hand, Wrist, and Forearm Disorders Hip and Groin Disorders Knee Disorders Low Back Disorders Shoulder
2	Adalimumab	Non-Preferred		Analgesics - NonNarcotic	Chronic Pain Hip and Groin Disorders Knee Disorders Low Back Disorders
3	Albuterol Sulfate	Preferred		Antiasthmatic and Bronchodilator Agents	Work Related Asthma
4	Alendronate Sodium	Non-Preferred		Endocrine and Metabolic Agents - Misc.	Chronic Pain Hip and Groin Disorders Knee Disorders Low Back Disorders Shoulder
5	Amantadine HCL	Non-Preferred		Antiparkinson Agents	Chronic Pain Low Back Disorders
6	Amitriptyline HCL	Non-Preferred		Antidepressants	Cervical and Thoracic Spine Disorders Chronic Pain Hip and Groin Disorders Knee Disorders Low Back Disorders Shoulder
7	Amlodipine Besylate	Non-Preferred		Calcium Channel Blockers	Hand, Wrist, and Forearm Disorders
8	Amoxicillin/Clavulanate P	Preferred		Penicillins	Hand, Wrist, and Forearm Disorders
9	Ampicillin-Sulbactam	Preferred		Penicillins	Hand, Wrist, and Forearm Disorders
10	Apixaban	Non-Preferred		Anticoagulants	Ankle and Foot Disorders Hip and Groin Disorders
11	Artificial Tear Ointments	Preferred		Ophthalmic Agents	Eye
12	Ascorbic Acid	Non-Preferred		Vitamins	Ankle and Foot Disorders Cervical and Thoracic Spine Disorders Chronic Pain Low Back Disorders
13	Aspirin	Preferred		Analgesics - NonNarcotic	Ankle and Foot Disorders Cervical and Thoracic Spine Disorders Chronic Pain Elbow Disorders Hand, Wrist, and Forearm Disorders Hip and Groin Disorders Knee Disorders

Rulemaking Procedure

- Adopt the Formulary pursuant to Govt. Code Administrative Procedure Act
- Notice of Rulemaking
- 45-day written comment period & Public Hearing
- 15-day written comment period

Update Procedure

Labor Code §5307.29

- At least quarterly updates
- Adopted by an Administrative Director posting order

Goals & Structure of the Formulary

- **Goal** in implementing AB 1124: Adopt an evidence-based drug formulary, consistent with the MTUS, to augment provision of timely and high-quality medical care, while reducing administrative burden and cost
- Accomplished through Formulary structure
 - MTUS Treatment Guidelines – The Backbone
 - MTUS Drug List
 - Preferred drugs – No Prospective Review if in accord with MTUS
 - Non-Preferred & Unlisted Drugs – Prospective Review required
 - “Special Fill” & “Perioperative Fill” of specified Non-Preferred drugs
 - Ancillary Formulary Rules

Sneak Preview...

	Drug Ingredient	Preferred / Non-Preferred*	Special Fill**	Peri-Op***	Drug Class	Reference in Guidelines
1	Acetaminophen	Preferred			Analgesics - NonNarcotic	✓⊙ Ankle and Foot Disorders ✓ Cervical and Thoracic Spine Disorders ✓ Chronic Pain ✓× Elbow Disorders ✓ Eye ✓× Hand, Wrist, and Forearm Disorders ✓ Hip and Groin Disorders ✓ Knee Disorders ✓ Low Back Disorders ✓ Shoulder

Structure of MTUS Drug List

- Organized by active drug ingredient
- Preferred / Non-Preferred status
- Special Fill & Perioperative Fill
- Drug class
- Reference in Guideline “legend”

(✓) Recommended

(×) Not Recommended

(⊙) No Recommendation

Ancillary Formulary Rules

- Intended to support the provision of appropriate, cost-effective, high quality medical care
 - Access to non-preferred and unlisted drugs
 - Off-label use
 - Generic drug preference; requirements for brand name drug
 - Compounded drugs
 - Physician dispensing

Pharmacy & Therapeutics Committee

- 6 Members and the Executive Medical Director
 - 3 Physicians (M.D.s and D.O.s)
 - 3 Pharmacists
- Statute prohibits: employed by pharmaceutical manufacturer, PBM, commercial formulary developer
- Regulation establishes what constitutes a “substantial financial conflict of interest” in regard to a pharmaceutical entity
 - Income
 - Receipt of grants/research funding
 - Investments

Functioning of P&T Committee

- DWC Medical Director is chairperson
- Quarterly or more frequent meetings
- Open to the public
- Statutory mandate
 - Consult on updates
 - Review evidence of relative safety, efficacy and effectiveness of drugs within a class of drugs
- Role of P&T Committee is advisory

Participate in the Rulemaking

- Comments on the proposed formulary are welcome and encouraged
- Follow the rulemaking on the DWC website rulemaking page:

http://www.dir.ca.gov/dwc/rulemaking/dwc_rulemaking_proposed.html



- Sign up to be on the Administrative Director's Newsline list (DWC home page - Contact Us - Stay current on DWC activities)